



## Senior Lunch Menu – April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Cheese Enchiladas</b> Spanish Rice Black Beans Garden Salad w/Ranch Dressing Fresh Melon	<b>Hamburger on a Wheat Bun</b> w/Lettuce, Tomatoes & Sliced Onions Coleslaw Homemade Potato Salad Seasonal Fresh Fruit	Vegetable Soup w/ Crackers <b>Tuna Salad Sandwich on Wheat Bread</b> 4 Way Salad Mix w/ Raspberry Vinaigrette Dressing Sliced Peaches	<b>Chicken Chow Mein</b> Lo Mein Noodles Oriental Blend Vegetables Mandarin Oranges	<b>Fish Fillets w/Creole Sauce</b> Seasoned Brown Rice Green Beans Wheat Bread Pudding
9	10	11	12	13
<b>Let's Celebrate Spring</b> <b>Ham w/Fruit Glaze</b> Sweet Potatoes Peas & Carrots Wheat Bread Pineapple Cake	Roasted Corn Chowder Soup w/Crackers <b>Southwestern Grilled Chicken Salad w/</b> Tomatoes Black Beans Salsa Wheat Bread Chilled Fruit Cocktail	<b>Macaroni &amp; Cheese Casserole</b> California Blend Vegetables Garden Green Salad Ranch Dressing Wheat Bread Fruited Gelatin	<b>Turkey Pot Roast</b> Homemade Mashed Potatoes Country Blend Vegetables Wheat Bread Tropical Fruit Mix	<b>Roast Pork w/Pork Gravy</b> Seasoned Brown Rice Capri Blend Vegetables Wheat Bread Applesauce Pineapple Juice
16	17	18	19	20
<b>It's Back</b> <b>Holly Farm Chicken</b> Rice Pilaf Spinach Wheat Bread Seasonal Fresh Fruit	<b>Brunch For Lunch</b> <b>Egg Omelet</b> Pancakes w/Syrup Ham Slice Orange Juice Melon	<b>Beef Stroganoff</b> Fettuccini Sliced Carrots Wheat Bread Chilled Tropical Fruit Mix Apple Juice	Vegetable Soup w/ Crackers <b>Turkey Sandwich on Wheat Bread</b> w/Lettuce & Tomatoes Carrot Raisin Mandarin Oranges	<b>Mexican Tamale Casserole</b> 3 Way Salad Mix Oil & Vinegar Blend Dressing Mexican Rice Salsa Seasonal Fresh Fruit
23	24	25	26	27
<b>Salisbury Steak with Pepper Sauce</b> Mashed Potatoes Green Peas Wheat Bread Orange-Pineapple Blend Juice Fresh Fruit	<b>Fish Tacos</b> Shredded Cabbage Diced Tomatoes Fiesta Corn Salad Spanish Rice Flour Tortilla Vanilla Pudding	<b>Turkey Chili w/Cheese &amp; Onions</b> 4 Way Salad Mix 1,000 Island Dressing Cornbread Muffin Seasonal Fresh Fruit	<b>Birthday Celebration</b> <b>Chicken Curry</b> Brown Rice Mixed Vegetables Wheat Bread Fruit for Salad	Creamy Spinach Soup w/Crackers <b>Egg Salad Sandwich</b> <b>On Wheat Bun</b> Spinach Salad w/ Raspberry Dressing Ambrosia *
30				
<b>Roast Turkey &amp; Gravy</b> Mashed Potatoes French Cut Green Beans Cranberry Sauce Wheat Bread Chilled Purple Plums		<p style="text-align: center;"><b>Suggested Donation - \$3.00</b></p> <p style="text-align: center;"><b>Meal Cost for Under Age 60 - \$5.00</b></p>		

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All \* desserts are *Sugar-Free*. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls